Service of the Toledo Society the Blind







ship in United Way

1819 Canton Avenue Toledo, Ohio 43624 419/241-1183

## Capital Volume 23, No. ယ **Improvements** Drive Sdol \$600,000 Mark December, 1986

**Outside Repairs** 

The Sight Center's recent

of Federal Tax

Concern Voiced over Impact



Plans to tear out and replace the building's aging flat roof yet this year were dashed with the arrival of cold weather. Temporary repairs were made early in December in hope of preventing further interior damage. Complete replacement of the roof, plus installation of insulation, will begin next

Inside Repairs



measuring several dozen ceiling tile that must be replaced. maintenance man Fred Miller goes about the job of counting and Some of the mischief caused by rainwater leaking through the 30-year-old roof is evident here, as

### Recruiting Blind Amateur Athletes Toledo-Area Group

Sight-handicapped amateur athletes of all ages are being invited to join Toledo Blind Athletes, Inc., according

spring. Other improvement projects, which include teaching and training

Other improvement

the extensive work required, contrac-tors advise starting this project in the

Anyone from the Sight Center's service area is welcome, he said.

Members may participate in swimming, track and field events, tandem

cycling, gymnastics (females only), cross-country and downhill skiing, weight lifting, judo and goalball.

When well-trained in a specialty, members will be eligible to participate on a national level, he added.

Those wishing further information should contact Mr. Perrine at (419) 241-1183.

#### equipment as well as renovation of training areas, will be phased in as soon as monies become available." The monies derived in the Capital Improvement Fund Campaign, Mr. Day stressed, are earmarked for Money specific, impaired. None of the monies can be diverted toward operating expenses. donations specific, necessary improvement pro-jects in an effort to continue quality service to the blind and visuallyfrom for operating expense from the United V Toledo and fees. and Henry County, nses is de-Ways of

Toledo Society for the Blind, which operates The Sight Center, had never before conducted a capital campaign. In its 63 years of operation, or the Blind, w the

Mr. Day commented, "We were forced to explore this fund-raising

## Business Office Open Dec.

The Sight Center's business office will be open from 8:30 a.m. to 2 p.m. Wednesday, Dec. 31, for the con-

venience of year-end donors who wish to make contributions before the 1987 federal tax laws take effect.

ment of reserves for major capital expenditures such as needed now to keep The Sight Center a viable operation. The Center's campaign leadership, the board and administration visually-impaired." appeal. The campaign's success can be attributed to many volunteers who rallied to the cause and brought the Law Changes campaign to fruition. Their work for-tifies The Sight Center's commitment of service to the blind and the are gratified by the response to this ment of reserves for major method because The Center's limited establish-

tax laws taking effect next year.
With campaign pledges being of three to five years in duration,

Center's rehabilitation training areas. These areas are very necessary in teaching clients to function independently in a world shaped by sighted people. Other improvement projects requiring prepared Mr. Day added, "Once the roof is in place protecting the building's contents, we will proceed, dependent on income, with the renovation of The conservation as well as the safety clients and visitors to The Cent people. Other may scheduled are directed toward energy of With the growing number equipment to properly service them with the facilities of people



A new Pitney-Bowes mailing machine was one of the first buys made with capital campaign funds. It was put to immediate use by Evelyn Berres, development office coordinator.

## Richard H. Schaub

Richard H. Schaub, 50, chairman of community services for Ohio Valley Chapter No. 80, Telephone Pioneers of America, and a long-standing friend of the blind, died Sept. 2 in Medical College of Ohio Hospital,

at the time of his death. employed 31 years at Ohio Bell Telephone Company, where he was assis A native Toledoan, Mr. Schaub was

Council, Telephone Pioneers of America, and was chairman of that Council's community services group. In those positions, he directed much of the volunteer work performed by the Pioneers on behalf of the blind, including wiring the headsets at the annual Shrine Circus in Toledo so that blind patrons could hear the announcer's description of circus action. He was past president of the Toledo

Mr. Schaub also coordinated efforts of the Pioneers to make chirping eggs for the annual Easter Egg Hunt by blind children, and to make beeping baseballs and other sports equipment

chairman of the community services group that the Pioneers donated funds for installation of carpeting in the Sight Center's aids and appliances room, where other Pioneers regularly repair Talking Book machines and cassette tape players. for blind participants.

It was also during his tenure as

and a member of Maumee Aerie No. 2562, Fraternal Order of P an avid bowler,

2562, Fraternal Order of Eagles.
He is survived by his wife, Carol; sons, Gary, David, and Mark; and brothers, Robert and William.
Burial was in Ottawa Hills Memorial Park, Toledo.

Richard Friedmar's Music Magni-Viewer and control panel sit before him at eye level on the piano in his home. As a 12-year-old, he often played the piano in darkened rooms preciation, expression, and memory." It also provided insight into the difor with his eyes closed because, "I found that playing in this on enhanced my music apblind pianists

# In 18-Point Type

Feted at Retirement

## New For Low Visibility Subscribers Area **Publication** Aims

Big Times is a new monthly publication designed to accommodate low-vision readers.

Ohio readers. paper published at that serves about It is of. compiled and edited by the Farmland about 9,000 northwest News, a weekly Archbold, OH,

The new tabloid is printed in 18-point type, double the size used in most newspapers, according to O. Roger Taylor, publisher.

Each edition contains 32 pages.

There are no advertisements.

"We decided to begin this new publication because our circulation

thing like this: 'I like your paper and have always enjoyed reading, but since my eyesight is diminishing, I can no longer read the small print,' "Mr. Taylor said. publication because our circulation department frequently receives notes from subscribers which read some-

"Big void." Times was created to fill this

that appear in Farmland News are human interest pieces about people Many of the stories and features

doing interesting or sometimes unusual things-material of general interest to all kinds of readers, he

readers explained.

He foresees Big Times developing its own personality eventually, with input to contributing to its comments

features Besides features about people, it

the staff.
EDITORIALS: Opinions of staff has these departments: VIEWPOINTS: Original writings by

writers.

CARTOONS: Humorous illustra-

tions from a country artist. POETRY: Tidbits in rhyme. Single copies of *Big Times* sell for L50 at newsstands. A one-year

price of \$10 is being offered to people who are legally blind, Mr. Taylor said. Subscriptions may be ordered by writing to *Big Times*, 104 Depot St., P.O. Box 240, Archbold, OH 43502, or by calling (419) 445-9446. subscription by mail is \$15, but a special, introductory subscription price of \$10:-1-



Nearly 80 well-wishers gathered in the Sight Center cafeteria for the December meeting of Happy Times to salute Loretta Turner on her retirement. Besides the cake shown above, Mrs. Turner receivd a bouquet of roses, a planter, and an album of photographs to mark her 19 years of service. The Start High School Swing Group sang 15th and 16th Century Christmas carols.

# Toledo Musician Invents Low-Vision Aid

for playing an instrument, has been developed by a Toledo musician. An electronic low-vision aid that enables sight-impaired people to read music, while leaving both hands free

Richard Martin Friedmar, a doctoral candidate at Toledo University, detailed the birth of his invention in a copyrighted thesis, An Evaluation of a New Reading Aid for the Low Vision Student, published last August.

His Friedmar Music Magni-Viewer enlarges, illuminates and projects written music onto a 12-by-18-inch screen atop a piano or wherever a music stand would ordinarily be

placed, he explained.

screen from 35-millimeter slides arranged in order on a 120-slide carousel, with each slide containing a transferred black-and-white electronically images to

full measure. Mr. Friedmar, 35, began playing

piano before he was four years old. By the time he was 11 he had formed his own band and begun composing

impairment, including some who have gone on to conservatory study. "The need for a device such as mine Since 1973, he has taught piano in Toledo and southeast Michigan to students with varying levels of sight impairment, including some who

became obvious," he said, adding that he has applied for design and utility patents on the invention.

The Magni-Viewer can enlarge

The Magni-Viewer can enlarge music symbols up to 96 times. Brightness, pre-selected tempo, projection size, and a reverse button that permit review are regulated by the user from a handy control panel.

Automatic or manual operation via ided

Viewer last summer while completing a master's degree in liberal studies at UT. He is the only UT student to have received such a degree. a foot switch is also provide Mr. Friedmar built the Magni-

visually or physically handicapped able to sight-impaired music He hopes to make it widely availes, agencies and schools for the metropolitan or university

17 10 0;

said, including routine study of reading matter by the sight-handicapped, or by readers with at kinds of handimotor deficiencies

definite price, he expects to sell it for between \$375 and \$425. Although he has not determined

## THE TOLEDO SOCIETY FOR THE BLIND

The Sight Center Newsletter is published by the Toledo Society for the Blind, a United Way member agency in Lucas, Wood, Ottawa and Henry Counties, Ohio.

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## 4 O 5 ked

Solid endorsement of this Newsletter's content, appearance and style has been awarded by a heavy majority of readers who responded to the question-naire we included in one-fifth of our June and September, 1986, mailings.

While response was lighter than we hoped for (only 32, or one and one-half per cent of those mailed, came back), a broad spectrum of readers was represented, based on age, education level, occupation and other factors. Because they were randomly distributed, we consider the results statistically valid. We didn't expect to learn that everyone reads or likes everything we print. But 25 per cent of the respondents rated the balance of materials as excellent, slightly more than 59 per cent declared it good, and the rest judged it fair. No one, we are happy to report, rated it below average or poor.

Asked what kinds of stories they enjoy most, readers ranked them this way:

- Human interest
   Legislation/gove
- Legislation/government actions.
  Rehabilitation services.
- and appliances (tie). Historical pieces. Medical conditions/causes of blindness, and Talking Books or other aids
- Technical materials
- Financial news/annual report, and listings of memorial contributions (tied

More than 81 per cent agreed that the newsletter does not need a name. Only the person had a name to suggest: Eye Contact.

In terms of readership, 59-plus per cent read all of it.

The front page gets the most attention from those who don't read everything, with stories about people and editorials the next most-read.

Seventy-five per cent prefer the flat paper stock we began using in 1985 over the glossy finish used previously.

Nearly everyone agreed that body type is large enough, that headlines and other typographical features are eye-appealing, and that enough photographs are used. In fact, only one negative reply was received to those three questions, it's 10-point on a 12-point slug).

Respondents ranged in age from 13 to 79. Many failed to list an occupation or former occupation, but those given included a purchasing director, farmer, college and high school students, several retirees, two lawyers, a number of therapeutic recreation assistant, a dietitian, housewives, high school secretary, executive, administrator, bookbinder, and a cutter-grinder/inspector.

The education level ranged from a man who had completed the 8th grade to a reader who holds a doctor of philosophy degree.

Sightly more than 31 per cent said they had used or are using Sight Center services, while 53-plus per cent said they had used or are using Sight Center services, while 53-plus per cent said they had not. The remainder failed to have saying the intended recipient had died, and one, from a reader who had started to answer the questions, concluded with the frank confession, "I really with the trank confession, "I really with the trank confession, "I really receiving the newsletter who are not really interested. It's one of the things the list an occupation of the things the sight conditions and the person is, and whether there are others is that they cannot read any of it—to be perfectly honest."

Not readers were more positive. One declared, "You are doing a fantastic job!" shu

Most readers were more positive. One declared, "You are doing a fantastic job!"
A high school teacher wrote to say, "The newsletter is a fine journalistic effort." We would like to thank the teacher, because someone else wrote, "I suggest you cancel the newsletter and put the money toward your expenses. It is very nice, and interesting, but not necessary."
We beg to disagree with that comment, and we have supporters to back us. One wrote, "Great as is!"

One wrote, "Great as is!"

One wrote, "Great as is!"

Ywe like all of them (stories)," said a high school student, who added, "My semother reads the newsletter to me."

An Oak Harbor woman used the "Comments" space to thank the Sight Center for the glaucoma screening she took part in at the Ottawa County Fair. And a retired teacher wrote to tell us of her 40 years of teaching sight-saving classes, and loving every minute of it.

Suggestions for new or additional materials were surprisingly few. They included "Achievements by children and adults," "Service in nursing homes and rest homes," and an inquiry from a man who wanted to know whether there are volunteer programs for high school students.

As time and space permit, this newsletter will explore those suggestions, because we greatly appreciate the time and effort those 32 people took to fill out the questionnaires and return them, and we place a high value on the data provided. If any of you still have the forms and feel like filling them in now, we'd be happy to have your opinions and suggestions, too.



Marathon, a 26.2-mile, up-and-down-hill course through five parts of the city and across five bridges -- and she did it in a wheelchair. Ms. Rowland, palsy. who Former client Fran Rowland was one of several members of the Toledo Achilles Track Club who took part is legally blind, has 1 the New York cerebral City

honor roll upon comp course in Braille Writing. employed in the Sight Center's sheltered workshop, was named to the Hadley School for the Blind's fall honor roll upon completion of a Linda Nemire Payne, completion Center's formerly

Marvin J. Heminger, Hudson, MI, was one of 30 students who received Certificates of Commendation for impressive academic achievements at the Hadley School over a significant number of years. Mr. Heminger was cited for exemplary achievement in braille studies.

#### Service Award for John Nominations Open Goerlich

Nominations for the John Goerlich Distinguished Service Award will be accepted at the Sight Center until Jan. 31, 1987.

The award, established in 1984, is given at the discretion of the Center's board of trustees to a person who has "provided a service for, or opportunity to improve the well-being of, blind individuals, or who has made significant contributions to the cause of sight preservation."

Mr. Goerlich was the first recipient.
Thomas R. Day and Francis J. Lininger were the 1985 and 1986 selectees,

respectively.
Although

nominations

limited to living people, the nominee's contributions should have occurred within the past five years.

The identity of the person chosen, and an account of his or her contributions, will be announced at the Sight Center's Volunteer Awards Luncheon

E. the spring.

Nominating statements should be directed to Barry McEwen, executive director. They may be of any length, but must be presented in tangible, permanent form, such as in writing braille, or tape.

## Staff Changes Announced

Employment of a new children's worker, a part-time rehabilitation teacher, part-time orientation and mobility instructor, and reassignment of duties for another staff member

have been announced by executive director Barry A. McEwen.

Mary R. Scheuer joined the staff Sept. 16 as educational specialist, 16 as e Pamela

replacing Pamela Croson, with Toledo Public Schools.

Ms. Scheuer, of Petersburg, Mich., is an April, 1986, graduate of Eastern Michigan University, Ypsilanti, where she received a bachelor's degree in education of the visually

Schools, and will serve as an itinerant impaired.
She will teach children's everyday living skills classes in the training apartment under terms of the cy's contract with Toledo teacher throughout e agen-Public

Center's territory.

Her caseload includes nearly 300 blind children in northwest Ohio and southeast Michigan

Daniel Zink joined the staff Oct. 31 part-time orientation and mobility and mobility

Kalamazoo, w... who now makes his Mr. Zink is a 19 former Wauseon, Ohio, resident now makes his home in Toledo, Michigan 1986 graduate e he received n orientation a





mobility.

He also holds a bachelor's degree in special education of the blind from the University of Toledo. He will specialize in teaching orien

tation and mobility to children.
Ronald Pompei, who came to the Sight Center in November, 1983, as rehabilitation teacher, has taken over sales of aids and appliances, and administration of the Talking Book program, formerly handled by Loretta

gram, formerly handled by Loretta Turner, who is to retire Dec. 31.

Mrs. Turner was admitted to Mercy Hospital in late September with an apparent heart attack that was later bronchial pneumonia. diagnosed as severe asthma and

employment here as a part-time rehabilitation teacher after a two-year break. She holds a master's degree in rehabilitation teaching of the blind rehabilitation teaching of the from Western Michigan Univ She is now convalescing at home. Maureen Pompei has resumed

3

## with Hazards, **Blind Pedestrians** Ignorance Must Cope

White canes have been in use for about 60 years as mobility tools and symbols of independence for the

travel. Shopping many blind people who rely on those canes for identification as well as times studded education campaign, ingnorant, stupid l But despite a continuing public ducation campaign, a great deal of gnorant, stupid behavior—someremains with outright rudeeveryday fare for

headache, where they eadache, several said Ottawa Hills resider ping malls or other places hey are not known personally retail staff are a chronic

retinopathy, described one such experience at the Lion Store in Toledo's Westgate Village Shopping Center. "I stood at the sales counter in the men's department for 20 minutes, cane in hand, waiting for the clerk to a Hills resident Bob totally blind from diabetic Tilton,

get to me.

"She was busy the entire time, but I finally got tired of waiting and said, 'Don't you ever ask whether anybody needs any help?"

The clerk, he said, responded brusquely, "This store doesn't have the manpower to individualize services. If you don't like it, write a letter to the

He also recounted his experience last summer at the Wyandot County Fair in Upper Sandusky:

"A half-dozen people tripped over my cane. They obviously didn't know manager."
He also recounted his

what it was."

clients since 1979, agreed that many problems result from misunder-Mary Reiff, who has taught orienta-on and mobility to Sight Center

aged man who watched closely one day last winter as she gave a lesson at North Towne Square Mall to Tolestanding.
She cited the behavior of a middle

doan Lois Henning, who is legally blind from diabetic retinopathy.

"He finally walked up to Lois and dropped his wallet at her feet. When she reacted to the noise by looking down, he snarled, 'You're not blind! You're not blind! You're not blind! and went storming off. A woman who was with him picked up the wallet."

Shopping is her biggest frustration, said West Toledoan Joyce Lee, also totally blind from diabetic retino-

pathy, and who always carries her white cane when out-of-doors.
"They (clerks) don't want to talk to me," she said.

"They want to talk to the person I'm with, and I'm expected to stand there like a zombie. It really irritates me.

money! "It has happened to me many, many times. When I have a companion, they won't give me the change even though I handed over the

the insistence by some that sighted companion, if she has some clerks shout at her, apparently thinking her hearing is impaired, and the insistence by some that her Equally irksome, she said, is that one,

> part is exactly the right height to hit him in the face if his cane should go betroduced him to "City Candy," the metal working on Summit Street between SeaGate and Nineteen-year-old Chris Stearns, of Toledo, has been Toledo, neath it. Portside. structor Dan Zink inards of modern art when mobility inrecently in the haz-Chris got a to, has been since birth. The lower lesson



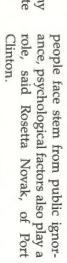
"There's nothing wrong with my hearing," she said. "And I'm quite capable of signing my own name."

Even people who ought to know better, by virtue of their education or occupation, can be guilty of insensitive or stupid behavior, Mrs. Lee said, describing her treatment by the nursing staff at Toledo Hospital last summer

"Some of the nurses—one, in particular—insisted on doing everything for me. There was one who would not let me get out of bed.

"But when she brought my tray in, and insisted on feeding me, I blew up. I had to tell her supervisor to keep the woman away from me."

While many of the problems blind



uncomfortable nore me, "When we have visitors, they will to my husband, e, perhaps because they a ortable looking at me, n g whether I can see them. Steve, they are and ignot

"Yet, I consistently have the feeling that many people think I really don't need the cane, that I'm faking.
"I guess I don't look blind enough."
Traveling alone through Port Clinton streets can be a real challenge, said Mrs. Novak, whose blindness also results from diabetic retinopathy.
"I was walking to the post office one day to mail a card," she said.
"I heard a motor hum. As I got into the middle of the post office driveway, the car started backing up into

"There was no time to get out of the ay. Instinctively, I swung the cane

way. Instinctively, I swung the cane hard and struck the car.
"The driver, a woman, stopped immediately. She said, 'Oh, I didn't see

except to say, see you "I was so angry I didn't talk to her, cept to say, 'Well, I certainly didn't her closest encounters, she

added, have been with bicycles.

"Because I can't hear them coming,"

"And around Port Clinton, people tend to leave their bikes on the she explained.

ground anywhere—at the drug store, the soda fountain, or wherever they B

Another time, she said, walked up to her and asked, kind of golf club is that?" a man "What

"He was quite embarrassed when l

told him.

"And at a club meeting, me, ,0h, you brought D woman

Despite such annoyances, she said, "I stay close to my cane.
"He has a name, you know: Sam Cane, private eye."



An unguarded approach to a foot-bridge, and broken concrete sidewalks thrust up by a growing tree, are two of the hazards Kathy Shirkey, above, must be ready for when traveling in her Herrod, OH, neighborhood. She is blind from diabetic retinopathy and glaucoma.

## Nothing Stops HIM 3 His Run <del>o</del>r Health

He's 60 years old He stands five fo feet, seven inches

His resting pulse is 48.

He sleeps about four and a half

of Toledo who lives mainly on fresh fruit and vegetables, some of which he grows in his own garden, avoiding supermarket foods where possible.

He eats onions with every meal, and hasn't touched red meat in years, He's an assistant professor of physical education at the University assistant

although he'll eat fish or shrimp once

His name is Sy Mah, this gentleman of Chinese descent who began running at the age of 41 to gain control over his rising blood pressure.

In the 19 years since, he has completed more marathons of 26 miles, 385 yards than anyone who ever lived —437, at last count—and he's still go-

each year.

He is also the only person to start and finish all seven of the Chicago 100-kilometer meets that draw enmile non-stop event that begins in morning and goes on until after

the Guinness Those achievements are listed in e Guinness Sports Record Book for

Mah's numbers, spectacular though But this story isn't about Professor are

medical and the insight to be gained about his advice to stop running for a the consequences of his derefusal to of.

"Last year, while running at Niagara Falls, I suddenly saw what looked like worms swimming in my right eye," he said.
"But I told myself that it was only a cold, or something like that, and my

physical to overcome it.' condition prom

The problem grew worse, however. Nearly two weeks elapsed before he was examined by an ophthalmologist, who told him that he had suffered a

#### **Board Meets Editorial Advisory** Here

The editorial board of the Journal of Visual Impairment and Blindness held its annual meeting at the Sight Center Oct. 2-3, marking the first time in many years it had met anywhere but its New York office, according to executive director Barry board since 1984 who has on the

for practitioners and researchers fessionally concerned with blind "inter-disciplinary journal of record

detached retina, and referred him im-mediately to another surgeon.

surgery the next morning, ne re-fused. "I was to be guest of honor at the last minute and speaker at a dinner that evening," he said, "and to be interviewed on television, and I didn't want to cancel Maumee, But when the surgeon instructed him to report to St. Luke's Hospital, the once morning, to prepare

surgery next morning. engagement, and apparent willingness to of an eye, the surgeon re pre-operative work done that after-noon, prior to keeping his dinner engagement, and be ready for eye, the surgeon reluctantly provided he would have his at such stubbornness illingness to risk loss

That's how it was done, although a last-second hitch nearly developed.

recalled. "I had been given anesthesia and being wheeled into surgery,"

"The last thing I heard before losing consciousness was someone shout-

consciousness was someone shouting, 'Don't operate on this man! He has a bad heart.'"

But after consulting a sports cardiologist who said that the unusual vital signs showed that Professor Mah had the strong heart of an athlete, the surgeon proceeded

succeeded in re-attaching the retina. When he awakened, he continued told that the operation had

But he was advised by the nursing staff and others, he said, to refrain from exercise of any kind, including running, for six weeks.

fessor Mah said he then wrote to a medical doctor who specializes in sports to seek his opinion on the advisability of running, and received written instructions telling him not to Dissatisfied with that advice, Pro-

victions, an apostle of good health whose lifestyle is dominated by run-ning and the great cardiovascular ning and But this is a man of powerful con-ictions, an apostle of good health great cardiovascular

system it has given him.
"I was scheduled to run in the Chicago 100 later that week," he explained. "I am the only person who has started and finished every one of them, and I was unwilling to see my record broken."

against it. so, despite the repeated warnings, entered and finished the meet, en though the meet director, a dical doctor, also advised him

the director again tried to persu him to stop, Professor Mah said, ing him, "You have proved 50-mile point in the meet, tell-

But he had gambled and won returning Toledo,

who had performed the n. The surgeon told him that ery was healing very well, examination ф the

TOLE

Along with the 40 or so marathons and other distance events he runs in each year, Professor Mah carries a full schedule in Exercise Science and Physical Education in UT's Department of Health Promotion and Human Performance. On this day, he coached a jogging class through 16 laps around the Unviersity's outdoor track—four miles of measured running—in 30 minutes, running alongside and timing each student at the end. Emphasis is placed on increasing the runner's endurance and distance capability, rather than building speed. Professor Mah also serves as capability, rather than building speed. Profest volunteer advisor for Toledo Blind Athletes, Inc.

worked for you, but I would not advise anyone else to do it." of his decision to run,

amination by another ophthalmologist and where, finally, he found an ally. The doctor, he said, told him that sought and arrange arranged for opinion ex

his own, independent research for the past 15 years had not turned up a shred of evidence to support the widely-held medical opinion that exercise following retina surgery would

Although it continues to improve, he occurred, or as good as it might have been if he had not waited nearly two imperil the eye.

The eye, however, may never be as good as it was before the detachment consult eye doctor

Why did it happen?
The probable cause, Professor Mah believes, is his extreme myopia (nearsightedness), which he described as a family trait

advocate that patients should advice from their doctors. said, with careful emphasis, "I do not raised a hand of caution and

have it is to run. "I advocate good health. The way to

Anyone can run," he said, everyone should."

added—and most Americans do not follow a good diet; they eat too much Proper diet is also essential,

> senile dementia (atherosclerosis). At the same time, they fail to eat red meat, too much fat, fried foods and fast-food junk that clogs their arteries and leads to heart attacks or attacks or

enough of the fresh veg fruit all humans require, of the fresh vegetables he said. eld but erand

There is a widely-held but erroneous belief that we need the protein we get from meat, Professor Mah

wolves, shari animals." "We need only examine the human mouth to realize that we do not have the pointed, flesh-tearing teeth of flesh-tearing predatory

vegetables food up." "Our teeth and are suited nd grain, for for for biting grinding

#### Big For 1987 **Print Calendars** Available

come, first-served, basis. Any the remain are for sale to the public \$3.50 apiece. with severely limited sight on a first-come, first-served, basis. Any that remain are for Large-print Sight Center calendars r 1987 are available free to people

# **Blindness Statistics**

Statistically, glauco leading cause of b United States, retinopathy is new blindness. States is the leading cause blindness but remains the

# Memorial Contributions

A permanent record is made of memorial contributions and other gifts to the Sight Center. Memorials are promptly acknowledged in accordance with the wishes of the contributor. The following is a list of memorials, gifts in honor of others, and bequests received by the Sight Center from August 1, 1986, through October 31, 1986.

and Mrs. Norman J.

James Arthurs, by Mr. and Mrs. Norman J. paulding.
Ray M. Beckwith, by Hazel L. Beckwith; harles E. Trauger.
Mrs. Mary Bragg, by the Brandow and Vance

and Lois Jane Perry ella Ross and family,

nd Leonard and Leona Shinevar.

Martha Burton, by Fern A. Burton.

Elvira Daily, by Al and Wanda McEwen.

Richard Damm, by Richard W. and Gertrude

Shoemaker.

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Unloading the agency van are Post Commander and hospital chairman Don Truitt, left; Ray Widmer, Senior Vice Commander, right, who also holds the office of Seam Squirrel, and Ron Pompei, center, of the Sight Center staff.

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